

About laser skin tightening and wrinkle reduction treatment

This document describes what you need to know before and after receiving laser skin tightening and wrinkle reduction treatments. We use only licensed doctors to perform these treatments and provide any follow-up care required. Should you have any unanswered questions, our doctor can answer them at your in-person consultation.

Before treatment

What does it do?

This treatment tightens loose skin and diminishes wrinkles.

How many treatments are required?

More than 1 treatment is required. The exact number required varies from person to person. Most people see significant results after 4 treatments. At your initial consultation we can give you a ballpark estimate.

Does it work for everyone?

For some people, these treatments don't work. If this happens to you, you can try other methods which have similar effects. These include wrinkle-removal creams, dermal fillers, BOTOX®, sub-ablative laser skin resurfacing, and surgery. We'll advise you in detail of these options.

What risks are involved? What problems might I experience?

Should you experience any problems following your treatment, we can advise and treat you. Our doctor can answer any questions you might have at your in-person consultation.

1. Skin condition changes:

- a. **Scarring:** Some people experience permanent scarring.
- b. **Bleeding:** Some people experience pinpoint bleeding.
- c. **Other:** Some people experience reddening, mild burning, temporary bruising, or blistering. These conditions usually go away between 3 to 6 months. You can reduce the intensity of these skin conditions by:
 - i. Avoiding direct sun exposure and tanning for at least 2 weeks before your treatment.
 - ii. Avoiding oral acne medications such as Accutane or similar for at least 6 months before your treatment.
 - iii. Avoiding topical acne medications such as retinoic acids for at least 7 days before your treatment.

2. Skin color changes:

Some people experience a change of skin color, either darkening or lightening. This usually goes away between 3 to 6 months, but for some people, the skin color changes are permanent. You can reduce the risk of permanent color changes by avoiding sun exposure to the

treatment area for 2 months before and 2 months after your treatments.

3. Infection:

Some people experience bacterial, fungal, or viral infections, for example, herpes simplex virus infections around the mouth. If you frequently experience cold sores or fever blisters, ask our doctor about taking antiviral medication before your treatment as a preventive measure.

4. Localized allergic reactions:

Some people experience a skin allergy to tape or to the preservatives used in cosmetics or preparations applied to the skin during treatment.

5. Systemic allergic reactions:

Some people experience allergic reactions that extend beyond the treated skin area. You can reduce this risk by clearly informing us of all the prescription medications you use.

6. Harm to vision:

Lasers can be harmful to the eyes. You can reduce or eliminate the risk of damage to your vision by wearing the provided safety goggles during your treatment.

After treatment

Follow these instructions to gain the best results from your treatment:

1. Ensure that you receive a daily, 90-milligram supply of vitamin C. You can do this by eating foods that contain it, by taking supplements, or by applying lotions or creams that contain it.
2. Immediately after your treatment, you can expect the treatment area to feel like a sunburn and to have redness and bumps. These conditions last 2 or more hours.
3. Use cold compresses if needed. You can optionally apply aloe vera gel or use other over-the-counter treatments for sunburn. If crusting develops, apply an antibiotic cream. Darker-skinned people might experience more discomfort than lighter-skinned people and might require similar-to-sunburn treatments longer.
4. If your skin is not blistering, you can use makeup in the treatment area. Use moisturizer underneath your makeup and frequently in the treatment area. Choose a moisturizer that includes alpha-hydroxy acids. To reduce the likelihood of infection, remove makeup daily.
5. You can reduce the risk of permanent color changes by avoiding sun exposure to the treatment area for 2 months before and 2 months after your treatments. During this time, use sunscreen rated at SPF 30 or higher on all skin areas exposed to sun.
6. Avoid scratching or picking at the skin treatment area.
7. Shower normally after the laser treatments, washing the treated area gently with a mild soap. When drying, pat the skin—don't rub.

About your appointment

Your safety comes first. If at any time we discover that our equipment is not in proper, working condition, we'll kindly ask for your understanding and ask you to reschedule your appointment.

Understanding and accepting the risks

Confirm the following statements:

1. I am signing this document before being treated at Recharge Medical and Day Spa.
2. All my questions regarding this treatment have been answered satisfactorily.
3. I have read and understood the information provided above and the information provided to me in person by the doctor and staff.
4. I accept all risks involved in this treatment.
5. I release Recharge Medical and Day Spa and its agents from all liability associated with this treatment.

Wait to sign and date below until one of our staff members watches you do so.

Signature _____ Date _____

Print your name _____

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